

SUPER  
CHARGE  
YOUR  
LUNCH!

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

DESSERT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY, 3 SEPT, 22 SEPT, 13 OCT

|                                                            |                                     |                                                  |                                      |                                  |
|------------------------------------------------------------|-------------------------------------|--------------------------------------------------|--------------------------------------|----------------------------------|
| Chicken Curry                                              | Quorn Burger in a Bun 🍌             | Roast Chicken with Sage & Onion Stuffing & Gravy | Pork Sausages with Gravy             | Battered Fish Fillet             |
| All Day Breakfast 🍌 (Plant Sausage, Grilled Tomato, Beans) | Beany Seashell Pasta 🌱              | Cheesy Spring Vegetable & Potato Bake 🍌          | Sweet & Sour Quorn 🍌                 | Cheese & Tomato Pizza 🍌          |
| Brown & White Rice or Hash Brown                           | Potato Wedges or Herby Garlic Bread | Roast Potatoes or Wholemeal Pasta                | Diced Potatoes or Brown & White Rice | Potato Wedges or Tricolour Pasta |
| Tuna                                                       | Cheese Spread                       | Ham                                              | Cheese                               | Egg                              |
| Jacket Potato with Various Toppings                        |                                     |                                                  |                                      |                                  |
| Tropical Crumble with Ice Cream 50% Fruit 🍌                | Fresh Fruit Wedges 🌱                | Fresh Fruit Jelly 50% Fruit 🌱                    | Chocolate Pastry Whirl 🍌 🌱           | Lemon Shortbread 🌱               |

WEEK 2

28 APRIL, 19 MAY, 16 JUNE, 7 JULY, 8 SEPT, 29 SEPT, 20 OCT

|                                      |                                     |                                   |                                   |                                |
|--------------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|--------------------------------|
| Bean & Cheese Slice 🍌                | Chicken Pie with Gravy              | Roast Beef with Gravy             | Beef Burger in an Bun             | Salmon & Sweet Potato Fishcake |
| Macaroni Cheese 🍌                    | Mild Mexican Bean Chilli 🌱          | Plant Sausages with Gravy 🌱       | Roasted Summer Veg Pasta 🌱        | Cheese & Tomato Pizza 🍌        |
| Diced Potatoes or Herby Garlic Bread | Potato Wedges or Brown & White Rice | Roast Potatoes or Wholemeal Pasta | Wholemeal Pasta or Diced Potatoes | Chips or Tricolour Pasta       |
| Egg                                  | Ham                                 | Tuna                              | Cheese Spread                     | Cheese                         |
| Jacket Potato with Various Toppings  |                                     |                                   |                                   |                                |
| Apple Cornflake Crunch 50% Fruit 🍌 🌱 | Fresh Fruit Wedges 🌱                | Fresh Fruit Jelly 50% Fruit 🌱     | Jammy Cookie 🌱                    | Chocolate Muffin 🍌             |

WEEK 3

6 MAY, 2 JUNE, 23 JUNE, 14 JULY, 15 SEPT, 6 OCT

|                                                   |                                      |                                               |                                           |                                        |
|---------------------------------------------------|--------------------------------------|-----------------------------------------------|-------------------------------------------|----------------------------------------|
| Chicken & Sweetcorn Meatballs with a Tomato Sauce | Beef Bolognese                       | Roast Pork with Sage & Onion Stuffing & Gravy | Quorn Hot Dog 🍌                           | Fish Fillet Fingers                    |
| Breaded Bean & Vegetable Grill 🌱                  | Mild Sweet Potato & Chickpea Curry 🌱 | Creamy Quorn & Sweetcorn Pasta Bake 🍌 🌱       | Roasted Veg Lasagne 🍌                     | Cheese & Tomato Pizza 🍌                |
| Spaghetti or Diced Potatoes                       | Pasta or Brown & White Rice          | Roast Potatoes or Wholemeal Pasta             | Potato Wedges or Herby Garlic Bread       | Chips or Tricolour Pasta               |
| Cheese                                            | Ham                                  | Tuna                                          | Cheese Spread                             | Egg                                    |
| Jacket Potato with Various Toppings               |                                      |                                               |                                           |                                        |
| Strawberry Mousse 🍌                               | Fresh Fruit Wedges 🌱                 | Fresh Fruit Jelly 50% Fruit 🌱                 | Ice Cream with Chocolate Cookie "Wafer" 🍌 | Pineapple Pastry Squares 50% Fruit 🍌 🌱 |

Vegetables and a variety of salads are served daily. 🍌 = Vegetarian 🌱 = Vegan.



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BECOME  
A SUPER  
HEALTHY  
SUPER  
HERO!